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E-bike rider charged with impaired driving

CRIME City police charged the same man twice after a driver operated his e-bike while impaired on two separate occasions last month.

Police said yesterday that on Aug. 18, an officer observed an e-bike swerving in the eastbound lane on West Hunt Club Road.

On Aug. 28, an officer noticed an e-bike swerving on Greenbank Road.


A 34-year-old Ottawa man faces two counts of impaired driving and two counts of reading over 80.

Pietro Caracciolo appears in court Monday.

TRACEY TONG/METRO OTTAWA

News on the Move

What's this barcode for?



Learn how to scan the barcode on pg 2

Urban Foodie pg 17

Urban Foodie's inaugural column serves up La Porto a Casa



Relating pg 6



Meet your neighbours

CHL 67's debut new jerseys



Ottawa 67's players Andrew Merrett, Tyler Toffoli and Thomas Nesbitt, front to back, model the team's new home and away Reebok Edge jerseys at the Ottawa Civic Centre yesterday. This season, each of the Canadian Hockey League's 60 teams will be wearing the new sweaters.

Bus pass age cap nixed

Council overturns limit denying mature students discount

TIM WIECLAWSKI
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University and college students over 27 years old can buy discounted student bus passes again.

Admitting they were mistaken to set an age cap on student transit passes, city councillors unanimously overturned the decision yesterday.

Rideau-Rockcliffe Coun. Jacques Legendre likened the age cap to a \$240 property tax raise, saying such a thing would create turmoil around the council table.

The age cap was essentially the same thing but targeted at a vulnerable population that is struggling to make ends meet, he said.

"It's just dumb, dumb, dumb," Legendre said.

Two dozen students rallied in front of city hall prior to the meeting, where they presented a petition of over 2,400 signatures to councillors Alex Cullen and Rainer Bloess. After the vote, the students gave councillors a standing ovation.

"We're excited. Who says you can't fight city hall?" said Carleton University

Students' Association president Erik Halliwell. "A lot of students are really feeling the pinch because of the recession and \$20 a month will mean a lot to them."

Halliwell said Carleton plans to hold a referendum on a universal student pass in February.

Sheena Taylor, a 25-year-old Carleton student in her second year of a social work degree, brought her four-year-old daughter Matiya to the rally.

She said it's often mature students who are worse off financially because they have kids to look after and

other responsibilities.

Cullen urged students to be proactive during future budget debates in hopes that they could avoid similar fights in the future.

The age cap was expected to bring in around \$110,000 per semester. That lost revenue will be covered out of Transit Services' general accounts money.

Students over the age of 27 who have purchased an adult photo ID and an adult pass can get their student ID and a refund of the fare difference by bringing proof of full-time status to an OC Transpo ticket office.

Lawyer challenges Carleton freshmen

TRACEY TONG
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EDUCATION They may have only embarked on their post-secondary careers, but already, a renowned Zimbabwean human rights lawyer has given Carleton University students their first task.

"I want each one of you to ask yourself — why have you chosen what you have chosen, and what will you do with it?" Beatrice Mtetwa told more than 4,000 first-year students at yesterday's new student convocation ceremony.

"Where will it take you? To whom do you want to make a difference? Your family? Your community? Your country?"

Mtsetwa has defended press freedom in Zimbabwe despite repeated reprisals against her, and was named as the 2009 recipient of the Ludovic-Trarieux International Human Rights Prize, making her the first African since Nelson Mandela to be awarded the honour.

When she began studying law, she "had no idea what it meant to be a lawyer," she said, but she knew "the minute I was in a courtroom that I had chosen the right profession."

"It was through my practice as a lawyer that I realized I could make a difference in the world. University education is a tool, not only to make a difference to yourself, but to others."

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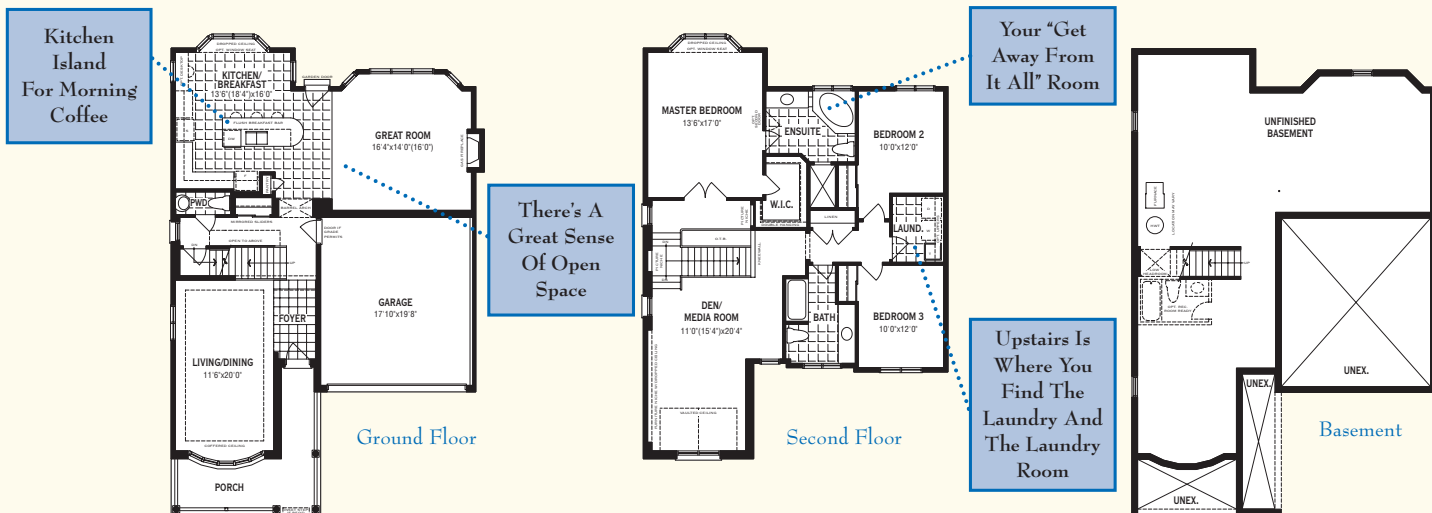


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Local



Young judges wanted for animation fest

The Ottawa International Animation Festival is looking for eight cartoon enthusiasts ages 9 to 14 to judge this year's competition of short films made for children. Entrants are invited to email a one-page essay describing why their favourite animated character is the best to jennifer@animationfestival.ca by Sept. 23. Winners will judge short animated films or TV series made for children at the Canadian Museum of Civilization on Oct. 17.

METRO OTTAWA



Housing starts down in Ottawa, resale buys up

REALTY Fewer single-family homes were built in the nation's capital last month than the same time last year, but resale home buying was up, thanks to low mortgage rates and labour income growth, the Canada Mortgage and Housing Corp. said yesterday.

Last month, Ottawa saw 422 total housing starts, down from 639 units in August 2008. The decline can be attributed mainly to the lack of construction activity within the highly volatile apartment market segment, said a CMHC senior analyst.

TRACEY TONG/METRO OTTAWA

metronews.ca

What's online today.

Video A new poll finds Michael Ignatieff's election sabre-rattling has put a dent in his popularity at metronews.ca/canada

Video Gov. Gen. Michaëlle Jean wraps up a secret two-day visit to Afghanistan, vows the war is not a 'lost cause' at metronews.ca/canada

Lotteries

6/49 3, 6, 17, 27, 28 & 44. Bonus 43

Ontario 49 4, 10, 32, 33, 37 & 46. Bonus 21

Ontario Pick 3 7 1 2; **Ontario Pick 4** 3 8 8 7

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Daily Keno 4, 8, 9, 11, 12, 18, 20, 32, 39, 40, 44, 51, 52, 53, 55, 58, 60, 62, 64, 68.

These results are not official.

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Astronaut sees big picture

'Passionate earthlings' need to care about planet: Bondar

TRACEY TONG
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As a life form that creates things, citizens of the country and as earthlings, people have an ethical responsibility to do good for the earth, Canada's first female astronaut and environmentalist told Ottawans yesterday.

Dr. Roberta Bondar joined Ottawa-based environmental non-profit group One Change and the United Nations' global campaign, Seal the Deal! at the Rideau Centre to "let people in Ottawa know that they are a part of a larger community."

Seal the Deal! invited residents to sign a banner to encourage governments to achieve a fair, balanced and effective climate agreement when they meet in Copenhagen for the United Nations Climate Change Conference this December. The banners, which will bear signatures from around the world, will be displayed at the conference.



Environmentalist and Canada's first female astronaut Dr. Roberta Bondar speaks at an event for the UN's global campaign, Seal the Deal! at the Rideau Centre yesterday.

"Every country has a role to play in Copenhagen," said Amy Fraenkel, director of the United Nations Environment Programme's Regional Office for North America.

While some changes to the planet can't be helped,

others can, said Bondar.

"If we have anything to do with it, then we ethically have to do what we can to help," she said.

"This is not just about being Canadian," she said. "It's about being a passionate earthling."

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Man sought over sex assault

SUSPECT City police are investigating an alleged sexual assault after a woman said she was inappropriately touched while walking in the Glebe on Tuesday night.

At 11:40 p.m., a 20-year-old woman was walking on Greenfield Avenue when an unknown male approached her from behind and inappropriately touched her, police said. Police seek a white male, approximately 6-foot-tall with a medium build and dark hair.

TRACEY TONG/METRO OTTAWA

Pauly Shore close to 'funny' roots

Funnyman Pauly Shore might be famous for his standup comedy, but when asked what audiences can expect at his performance at the Centrepointhe Theatre tonight, the actor and comedian gives a straight answer.

"It's Pauly Shore," he told Metro. "It's funny and outrageous. It's a certain brand of comedy — it's a good time."

He's been doing film for years, but said he's never left his comic roots. Now 41, he exhibits the same passion for comedy as he did

20 years ago, when he got his start.

In addition to comedy, Shore's got a mockumentary in the queue. Adopted, which satirizes the phenomenon of celebrity adoptions, is set for theatres this fall.

The film sees Shore "travel to Africa to adopt a kid like Angelina and Madonna," he said.

"I'm not an expert on adoption, but I learned a lot," he said. While the film finds the lighter side of a serious subject, the movie did

"really well" when it opened in Africa — where it was filmed — earlier this year.

"It shows a different side of Africa that people don't usually see," he said.

Also coming up for Shore is a role in an upcoming film produced by Adam Sandler's company, Born to be a Star — he plays the host of a porn awards show — and a Showtime network special airing this fall, called Pauly Shore and Friends.

TRACEY TONG/METRO OTTAWA

Kids could go before parents: Report

TIM WIECLAWSKI
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HEALTH The unhealthy lifestyle of children today is putting them at risk of dying at a younger age than their parents, according to a Heart and Stroke Foundation report on the health of Ontario's Kids.

Released in Ottawa yesterday, findings from the report show that children between the ages of six and 12 years old face an unhealthy childhood due to a lack of physical activity and poor eating habits.

If the situation doesn't improve soon, this generation of children — through no fault of their own — will not live as long as their parents due to life-threatening illnesses such as high blood pressure, Type 2 diabetes and heart disease.

"This report should serve as a wake-up call that the health of our children is not making the grade," said Dr. Andrew Pipe, chief of the division of Prevention and Rehabilitation at the University of Ottawa Heart Institute.

"Despite mandatory nutrition labelling and a new edition of Canada's Food Guide, we're not seeing bigger gains in healthy eating."

Ten years ago, 19 per cent of children were meeting the daily recommended minimum of fruit and vegetables. Today, that number is down to 12 per cent.



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A cabinet minister in Jean Charest's provincial government has resigned following conflict-of-interest allegations, news reports said yesterday. Labour Minister David Whissell is set to announce his decision to step down, said the reports from LCN and Radio-Canada television networks. **THE CANADIAN PRESS**

Canada



Jean wraps up Afghan tour

Gov.-Gen. Michaëlle Jean has wrapped up a two-day whirlwind tour of Afghanistan, where she's encouraging Canadian soldiers to stay the course in helping better the lives of the Afghan people. Jean, honorary commander-in-chief of the Canadian Forces, says she's saddened that there is any debate at all over whether Canada should be helping the country's less fortunate. She says the suggestion that it's a "lost cause" hurts her deeply. **THE CANADIAN PRESS**

Drunk driver gets life in jail

Quebec man spared dangerous offender status after 19th conviction

It's not the sentence they were looking for, but Crown prosecutors say a legal precedent was still set yesterday.

A Canadian court has, for the first time ever, sentenced a drunk driver to life in prison, said Crown lawyer Joey Dubois.

Roger Walsh, 57, was handed the ruling in a courtroom west of Montreal. He pleaded guilty to mowing down a wheelchair-bound woman last year after a night of binge drinking.

It was his 19th drunk-driving conviction.

Quebec court judge Michel Mercier declared the man incorrigible and said he would be likely to reoffend.

But he did not hand

prosecutors the legal prize they were hoping for: dangerous offender status for Walsh.

The Crown had been seeking to make Walsh the first Canadian subjected to that designation for drunk driving.

The judge concluded that the designation — which has been reserved for the worst criminals, like murderers and serial rapists — did not apply here. **THE CANADIAN PRESS**

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Sara Khudaverian holds a photo of her late daughter, Anee, yesterday in Valleyfield, Que. Roger Walsh was condemned to life in prison in the case where he drove over and killed Anee. **RYAN REMONZ/THE CANADIAN PRESS**

Iggy's popularity wanes: Poll

POLITICS A new poll suggests Canadians think Michael Ignatieff is wrong to try to force an election this fall and the Liberal leader's popularity has nosedived as a result.

The Canadian Press Harris-Decima survey also suggests Liberal fortunes have dipped, with the Conservatives taking a slight lead nationally — 34 per cent to 31.

The NDP was at 15 per cent, the Greens at 10, and the Bloc Quebecois at eight.

According to the poll, respondents with a negative impression of Ignatieff jumped 15 points from March, to 41 per cent.

Numbers

• The poll of just over 2,000 Canadians was conducted Aug. 27 to Sept. 6 and is considered accurate to within 2.2 percentage points 19 times in 20.

Thirty-nine per cent had a favourable impression, down six points.

Stephen Harper isn't doing much better — impressions of the prime minister remained virtually unchanged with 44 per cent having a favourable opinion and 45 per cent having an unfavourable opinion. **THE CANADIAN PRESS**

News in brief

FOOD PRICES Canadian shoppers should expect to pay more at supermarket cash registers this fall as food prices

keep ticking higher despite a weak economy, according to industry watchers. **THE CANADIAN PRESS**

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Comment

Take time to know thy neighbour

Relating

Sofi Papamarko

metronews.ca/papamarko

I didn't know Dianne Trotter. She and I lived in the same building. I would see Dianne in the lobby. In the elevator. Out and about running errands or walking her dog.

The most that we ever exchanged were nods of familiarity and the occasional guarded smile.

Dianne was killed Aug. 30 in Fredericton, the victim of a hit-and-run. And it's only in death that I'm finally getting to know my neighbour.

Dianne was not much older than me. She worked first as a writer, then as a producer for CBC News. She was a star player in the Toronto Power Wheelchair Hockey League. She did not allow her disability to limit or de-

fine her. She loved to cook. She was, by all accounts, well-liked, funny and fearless. Dianne Trotter was small but mighty.

I didn't know any of these things about Dianne.

I didn't even know her name because I never bothered to ask.

Had I only known that the woman with whom I frequently shared an elevator was a journalist, blessed with a razor-sharp wit. Had I only known that she was stupefyingly brave and out-

spoken. I'd often wondered about the accessibility ramp in my local grocery store and it's only now I'm learning that Dianne was the person who placed the calls to make it happen.

Learning about this amazing woman now, after the chance has passed for me to get to know her, fills me with a combination of guilt, shame and regret.

When I was a kid, we knew just about everyone on our street. We'd play ball hockey and jump rope on

each other's driveways. The adults would share backyard produce, chat over fences and shout greetings across the street. Then we moved to a new street. My parents have lived there for more than 15 years and I still don't know the names of our next-door neighbours on one side. Not an uncommon occurrence in major cities.

It's even worse in apartment and condo buildings, these people-hives that often lack common areas or senses of community.

We've become so guarded. In this age of guerrilla sales pitches and religious solicitors, friendly chit-chat is frequently met with suspicion. Being in an elevator with other people is a study in awkwardness. It seems so much easier to just keep to ourselves.

Good fences make good neighbours, true, but we've built up brick walls.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Expand high-tech strategy for women



Wendy Cukier

Canada's high-tech sector is an engine of economic growth. Observers recently celebrated the increased enrolments in engineering and related technologies reported by Statistics Canada. But the picture is not entirely rosy — the number of females enrolled in these disciplines has declined since 2002. Enrolment in mathematics, computer science and information sciences have fallen by 29.1 per cent between 2002-07, with female enrolment

declining even faster.

The Montreal massacre on Dec. 6, 1989, focused attention on women in technology as never before. The killer targeted aspiring engineers at l'Ecole Polytechnique for achieving what he could not. The Canadian Council of Professional Engineers then released a report — More Than Just Numbers — that revealed the barriers inhibiting women from entering and excelling in engineering. It recommended a wide range of interventions to address "the chilly climate" for women and spawned "women in technology programs" by well-intentioned compa-

nies, associations, schools and universities.

Almost 20 years and millions of dollars later, we have to face the unpleasant truth: The piecemeal approach is not working. A review of more than 50 programs showed few had formal evaluations or could demonstrate significant impact.

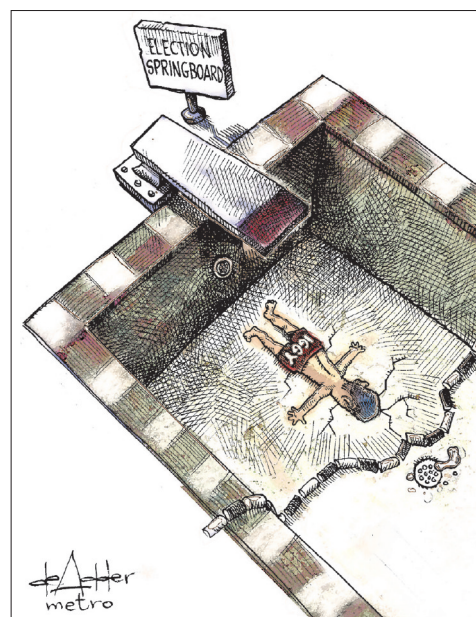
High-tech employers can help by encouraging girls to pursue technology careers, developing recruitment and retention strategies to support women and reinforcing positive messages in their procurement and marketing strategies. They also need to ensure they

match skill requirements to the tasks, to consider alternative routes to the profession and to create a workplace climate that is inclusive.

Teachers, professors and guidance counsellors need to ensure they present the full range of options and consider female friendly pedagogy and examples.

As the 20th anniversary of the Montreal massacre approaches, there is no better time for Canada to develop an integrated and sustained strategy to weave the pieces together.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.



MICHAEL LA ADAIR

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Conservationists say more than 100 of Kenya's famous elephants have died in the country this year through poaching or drought-related hunger. Save the Elephants head Iain Douglas-Hamilton says increased poaching could be related to last year's decision by an international regulatory body to allow African countries to sell off confiscated ivory stockpiles. **THE ASSOCIATED PRESS**

World



Hubble sends pics home

A refurbished Hubble Space Telescope is showing Earth the sharpest photos yet of cosmic beauty, left, complete with heavenly glows. NASA yesterday unveiled the first deep space photos taken by Hubble since its billion-dollar repair mission earlier this year. That work included installing two new cameras, more science instruments and replacing broken parts.

THE ASSOCIATED PRESS

Iran presents nuclear proposal

Iran presented world powers yesterday with a proposal for new talks with the West, though Iranian President Mahmoud Ahmadinejad has ruled out negotiations over uranium enrichment, the UN's central concern over his country's controversial nuclear program.

Foreign Minister Manouchehr Mottaki gave a package of proposals to diplomats representing the five permanent members of the UN Security Council and Germany in a meeting in Tehran attended by journalists.

The proposals come as the UN nuclear watchdog agency is holding a meeting in Austria.

The IAEA chief Mohamed ElBaradei has said his agency is locked in a "stalemate" with Iran and has urged Tehran to "substantively re-engage" with the Vienna-based watchdog to prove there are no military dimensions to its nuclear program.

m.metronews.ca



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"We can spend days and nights here talking about this issue but unless we talk to each other we will not move forward."

IAEA chief Mohamed ElBaradei

ElBaradei stressed yesterday that dialogue was key to breaking the "logjam" and urged Tehran to accept the offer to talk.

"We can spend days and nights here talking about this issue but unless we talk to each other and not at each other we will not move forward," he said.

U.S. President Barack Obama and European allies have given Iran until the end of September to take up an offer of nuclear talks with six world powers and trade incentives should it suspend uranium enrichment. If not, Iran could face harsher punitive sanctions.

But Iranian President Mahmoud Ahmadinejad said Monday that Iran considered the nuclear issue closed and rejected any halt to enrichment.

He said Iran was proposing to hold negotiations over a range of "global challenges" but the only nuclear issues that it was willing to discuss were mechanism to ensure the global use of peaceful nuclear energy, to promote disarmament and to halt

nuclear proliferation.

The U.S. and some its allies believe Iran is secretly trying to build a nuclear weapon, an accusation denied by Iran, which says it aims only to generate electricity.

The United Nations has demanded Iran halt enrichment, a process that can produce fuel for a reactor or the material for a warhead. Iran says it has a right to pursue enrichment for fuel.

The U.S., Britain, France and Germany urged Iran on Wednesday to hold talks to reach a comprehensive diplomatic solution to the international standoff over its nuclear program.

THE ASSOCIATED PRESS

Obama makes his case

HEALTH CARE U.S. President Barack Obama urged Congress to enact sweeping health care legislation last night, declaring the "time for bickering is over" and the moment has arrived to help millions who have insurance and many more without it. His nationally televised speech to a joint session of Congress came as Obama's popularity is falling, opposition Republicans



U.S. President Barack Obama boards Air Force One yesterday prior to his departure for New York.

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are on the attack and his fellow Democrats are divided about what kind of plan to pursue.

"I am not the first president to take up this cause, but I am determined to be the last," Obama said.

Obama said there is widespread agreement on about 80 per cent of what must be included in legislation.

And yet, criticizing opposition Republicans without saying so, he added: "Instead of honest debate, we have seen scare tactics" and ideological warfare that offers no hope for compromise. He blasted Republicans for

Heckled

• The nastiness of August's health-care debate reached into the U.S. Capitol last night. South Carolina Republican Rep. Joe Wilson shouted "You lie!" after Obama had talked about illegal immigrants.

spreading the "cynical and irresponsible" charge that his legislation would include "death panels" with the power to hasten the death of senior citizens.

"Well, the time for bickering is over," Obama said. "The time for games has passed. Now is the season for action."

The venue of last night's speech underscored the importance of the issue. Besides the annual State of the Union address, presidents seldom speak to a joint session of U.S. Congress, consisting of lawmakers from both chambers.

THE ASSOCIATED PRESS

Mexican airliner briefly hijacked

MEXICO CITY A jetliner from Cancun was briefly hijacked as it landed in Mexico City yesterday. The hijackers released all passengers shortly before federal police stormed the plane, and the crew emerged unharmed moments later.

Police, who did not fire a single shot, led as many as eight handcuffed men away from the airplane, which was isolated at the end of a runway in an area designed for emergencies. The hijackers' motive was unclear, though Mexican news media initially identified them as Bolivians demanding to speak with Mexican President Felipe Calderon.

THE ASSOCIATED PRESS

China Nine is nice



A couple, among tens of thousands of Chinese couples who try to get married on the same day, show their marriage certificates in Guangzhou yesterday. The number nine is pronounced the same as the word "longlasting" in Chinese, thus the number is considered good in Chinese culture, and the date, which includes three nines, is especially good for getting married.

Somali court carries out amputations, lashing

SOMALIA A Somali Islamic court hacked a hand each from two screaming men accused of theft and lashed another accused of rape yesterday, officials and a witness said, the latest in a series of harsh punishments that have elicited both admiration and revulsion from the war-weary population.

A witness said two masked men carried out the amputations immediately after Sheikh Abdibasi Mohamed, an Islamic judge in northern Mogadishu, pronounced the sentence. The screaming victims had their hands hacked off by large knives on a wood-

Somali justice

• Four Somali men had their hands amputated in June after being accused of theft, one of several such incidents, and Amnesty International reported last October that a 13-year-old girl was publicly stoned to death by 50 militia men after she reported being gang-raped.

en table dripping with blood.

Al-Shabab militia spokesman Sheikh Ali Mohamud Rage said the three men had admitted the charges against them.

THE ASSOCIATED PRESS

Kremlin: May the force be with us

A Kremlin bill expanding the legal reasons for using military force abroad won a quick preliminary approval in the lower house of parliament yesterday. The motion was seen as a sign that the Kremlin was taking a tougher posture in relations with ex-Soviet neighbours. **THE ASSOCIATED PRESS**

Berlusconi under scrutiny

New allegations emerge in Italian premier's sex scandal

Thirty women. Eighteen parties. Guests willing to supply sex "if the need arises."

Two Italian newspapers published what they described yesterday as excerpts from prosecutors' interrogation of a businessman who said he paid dozens of women to attend lavish parties at Premier Silvio Berlusconi's

Sardinia villa and his residence in Rome.

Corriere della Sera and La Stampa reported that Gianpaolo Tarantini told prosecutors some of the 30 or so "image girls" were willing to provide sex "if the need arose" at Berlusconi's parties.



Silvio Berlusconi

Berlusconi, 72, has described himself during the scandal as "no saint," but has denounced what he says is a left-wing media smear campaign and sued several newspapers in Italy and abroad for libel.

Tarantini told investigators he wanted to

get to know Berlusconi in hopes of helping business acquaintances gain government contracts.

"Prostitution and cocaine are the ingredients to obtain success in society," La Stampa quoted Tarantini.

Prostitution isn't a crime in Italy, but exploitation of a prostitute is, including being a pimp or middleman. **THE ASSOCIATED PRESS**

EU criticizes Israeli settlements

MIDDLE EAST Israel's continued settlement activity on Palestinian land is the main obstacle to a resumption of the Mideast peace process, EU External Relations Commissioner Benita Ferrero-Waldner said yesterday.

"We have to be realistic and see that this settlement issue is at the moment

an issue that blocks the negotiations," Ferrero-Waldner told reporters.

The European Union has adopted a more critical attitude toward Israel since last year's Gaza War. The refusal of the right-wing government to heed demands for a complete settlement freeze has further strained ties.

Israeli Prime Minister Benjamin Netanyahu has said the newly approved homes are a prelude to a West Bank building slowdown. But the international community has rejected that assertion because Israel plans to continue building some 3,000 homes that were already approved.

"At this stage we are all looking forward to seeing a solution on the settlement issue which could indeed deblock the whole difficult question of the peace process," Ferrero-Waldner said.

THE ASSOCIATED PRESS

News in brief

CHANGEOVER In an historic change-of-command, a French general took charge yesterday of NATO's only strategic command in North America.

French Gen. Stephane Abrial became the first non-American officer in the alliance's 60-year history to permanently fill a command post. He succeeds U.S. Marine Corps Gen. James Mattis.

THE ASSOCIATED PRESS

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Coffee-shop heavyweight Starbucks Corp. said yesterday that it is scrapping plans to close 30 locations. The stores were among 800 U.S. sites scheduled for the chopping block. **THE ASSOCIATED PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Jobs back on Apple stage

Apple Inc. CEO Steve Jobs returned to his showman role yesterday, taking the stage at a product launch event for the first time since his nearly six-month-long medical leave.

Jobs, 54, who had a liver transplant this spring, got a standing ovation.

At an event for journalists, bloggers and software partners in San Francisco, Jobs announced updates to Apple's iTunes and iPhone

iTunes LP

Jobs also said iTunes would now sell albums with photography, cover art, liner notes and other media. The feature, called iTunes LP, will also come with interviews and other video.

software and unveiled a new iPod Nano with built-in video camera, sound recording and speaker.

Apple also announced price cuts to existing iPod Touch models — \$199 US for an eight-gigabyte model, or \$30 less.

Apple kept prices constant for its other larger models, but will double the storage space.

Meanwhile, the new version of iTunes cleans up the design, gives people more control over what content gets loaded on to iPods and iPhones and in-

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roduces a way to organize applications purchased for the iPhone and iPod Touch from the iTunes store.

THE ASSOCIATED PRESS

New Delhi Jet Airways grounded by strike



Jet Airways staff are seen at the check-in counter at the airport in New Delhi yesterday. Striking Jet Airways pilots yesterday offered to hold talks with management to end their two-day-old standoff, which has caused the cancellation of hundreds of domestic and international flights.

Barrick issues shares in bid to eliminate hedges

METALS A plan by Barrick Gold Corp. to dilute its share count by more than 10 per cent will take a toll on the stock price of the world's biggest gold company but is well worth it, an analyst says.

The Toronto-based company said yesterday it will issue 94.8 million common shares at \$36.95 US per share to raise \$3.5 billion, up from the \$3 billion originally planned, to help pay for its plan to eliminate all of its hedges. Blackmont Capital analyst Richard Gray said the new shares will carry an immediate "steep cost" for Barrick, as shares fell 6.5 per cent. **THE ASSOCIATED PRESS**

Housing cheaper for fifth straight quarter

REAL ESTATE It is becoming even more affordable to own a home across Canada these days but the costs could rise again soon as the real estate market rebounds, a new report says.

RBC senior economist Robert Hogue said home ownership became more affordable for the fifth straight quarter in Canada, and has been restored to

pre-housing boom levels.

But Hogue warns the trend of increased affordability, driven by low interest rates and falling home prices as a result of the recession, could soon reverse as the real-estate market recovers.

"Overall in the second quarter we are still seeing some improvement in affordability. That being said, We are probably at

the tail end of that phase of the market," Hogue said after releasing the quarterly RBC Housing Affordability survey.

Hogue said house prices are firming up in many parts of Canada and mortgage rates are not expected to fall further, but added prices won't leap dramatically due to the recession and high unemployment rates. **THE CANADIAN PRESS**

Business in brief

OIL The vote happens in Oslo, but the results may be felt in Alberta's oilpatch. Norwegian voters go to the polls Monday, and parties with a good shot at governing have said they want the state-owned energy giant Statoil to pull out of the oil sands. Party members say a company owned by a country that prides itself on its environmental record has no business investing in the oil sands. **THE CANADIAN PRESS**

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NFL ticket prices climbed 3.9 per cent to an average of \$74.99 US for the 2009 season. According to Team Marketing Report's survey released yesterday, 21 teams either kept prices the same or lowered them. The average ticket to a Dallas Cowboys game costs \$159.65, a record for the Fan Cost Index survey, which dates to 1991. **THE ASSOCIATED PRESS**

NFL Preview

EDITOR: CHRIS.CLEMENTS@METRONews.CA

North wind blowing

Canadian participation on the rise in the National Football League

PERRY LEFKO
for Metro Canada

The National Football League may be an American entity, but it has a growing Canadian element to it.

Whether it's Canadian-born players or players who have graduated from the Canadian Football League, there are elements of the NFL that are of particular interest to football fans north of the border.

Oshiomogho (O.J.) Atogwe, a Windsor native, was drafted in the third round of the 2005 NFL Draft and has blossomed into one of the premier safeties in the league. He's what's known as a ball hawk because of his proficiency in intercepting passes. He has 17 picks in four seasons, including eight in 2007, which led the National Football Conference.

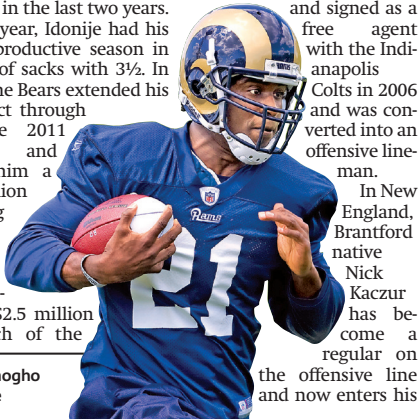
In February, the Rams signed Atogwe to a one-year

deal worth \$6.342 million US. Suffice to say, he stands to reap even more financial rewards if he continues to play at this level.

In Chicago, defensive lineman Israel Idonije heads into his sixth season with the team. The native of Lagos, Nigeria, who grew up in Manitoba and graduated from the University of Manitoba has become a regular starter in the last two years.

Last year, Idonije had his most productive season in terms of sacks with 3½. In May, the Bears extended his contract through to the 2011 season and gave him a \$2-million signing bonus. He is slated to receive \$2.5 million in each of the

Oshiomogho
Atogwe



next two seasons. Idonije, one of the few players in NFL to graduate from the Canadian university ranks, has reached these heights despite the fact he didn't start playing organized football until university.

Another player from the Canadian post-secondary ranks is Dan Federkeil, who graduated from the University of Calgary as a tight end and signed as a free agent with the Indianapolis Colts in 2006 and was converted into an offensive lineman.

In New England, Brantford native Nick Kaczur has become a regular on the offensive line and now enters his

fifth season.

Much attention from a Canadian perspective will be on defensive lineman Vaughn Martin, who played only two years at the University of Western, but impressed the San Diego Chargers enough to draft him in the fourth round and give him a multi-year contract.

Other Canadians of note include: Washington kicker Shaun Suisham; Seattle punter Jon Ryan; New Orleans cornerback Jason David; Jacksonville defensive tackle Rob Meier; Dallas long snapper L.P. Ladouceur; Seattle wide receiver Nate Burleson; and Indy receiver Sam Giguere.

Cam Wake, who was named the CFL's outstanding defensive player the last two years, parlayed that into a contract with the Miami Dolphins. Running back Stefan Logan, a teammate of Wake's in B.C., signed with Pittsburgh and survived pre-season cuts.

Steelers have a score to settle in season opener

NFL PICKS With a record sixth Lombardi Trophy in their possession, the Steelers carry the biggest of targets on their black-and-gold jerseys this season. Yet it's Mike Tomlin's champions — and all of Pittsburgh, for that matter — looking to settle a score in the NFL season's opener tonight.

Into Heinz Field come the Terrible Towel stompers themselves, the Tennessee Titans. After the Titans whipped the Steelers 31-14 in Nashville in the penultimate game last season, linebacker Keith Bulluck dropped a towel, then swiped his foot across it. Running back LenDale White stomped on a towel, and defensive end Jevon Kearse used one as he pretended to blow his nose.

The Steelers, who are 5½-point favourites in the now traditional opener hosted by the Super Bowl winners, didn't lose again after that game. And they haven't forgotten the Titans' terrible behaviour toward their towels.

But Pittsburgh's top-ranked defence will concern itself with what White, Chris Johnson and rookie Javon Ringer try to do on the ground. Tennessee is no slouch on D, either, even with All-Pro tackle Albert Haynesworth now in Washington. With both sides likely to be stingy, this could come down to one key play by an offensive standout. We'll bet that's Hines Ward.

STEELERS 16-10 Buffalo (plus 10) at New England (Monday night)
BEST BET: Hello T.O. from Buffalo. No matter how much you do in your Bills debut, Tom Brady, Randy Moss, Wes Welker and Patriots will do more.

PATRIOTS 35-13 San Francisco (plus 6½) at Arizona
UPSET SPECIAL: Niners nearly beat Cardinals in Mike Singletary's debut as interim coach last November. They win his debut as full-time coach. **49ERS 21-20 Minnesota (minus 2½) at Cleveland**

Everybody loves Brett Favre-led Vikings. Doesn't seem like anyone likes Eric Mangini-led Browns.

VIKINGS 24-10 Miami (plus 4) at Atlanta

A year ago, this was considered an early-season dud. Now, it's a matchup worthy of prime-time. AFC is superior to NFC, so ...

DOLPHINS 24-21 Detroit (plus 12) at New Orleans

Let's see, Lions haven't won since two days before Christmas — in 2007.

SAINTS 31-7 Kansas City (plus 8½) at Baltimore

Maybe Matt Cassel is better off not facing Ravens' fierce D.

RAVENS 20-3 Philadelphia (plus 1) at Carolina

Two franchises that had very busy off-seasons. Brian Westbrook and DeAngelo Williams are worth admission price.

EAGLES 24-20 Denver (plus 1) at Cincinnati

Bengals might be jealous that Broncos have stolen the dysfunctional thunder.

BENGALS 20-3 New York Jets (plus 4) at Houston

Mark Sanchez, meet Mario Williams and DeMeco Ryans. OUCH.

TEXANS 24-10 Jacksonville (plus 7½) at Indianapolis

With Tony Dungy retired, Colts might take some missteps. Not here.

COLTS 27-10 Dallas (minus 3) at Tampa Bay

Cowboys tune up for big debut game of their billion-dollar stadium. Are they looking ahead? Nope.

COWBOYS 30-13 Washington (plus 6) at N.Y. Giants

Redskins might be best fourth-place team in NFL. Giants are likely first-place team.

GIANTS 24-14 St. Louis (plus 7) at Seattle

Jim Mora takes over as Seahawks coach. He's got better roster than Steve Spagnuolo does in his Rams debut.

SEAHAWKS 16-10 Chicago (plus 3) at Green Bay

Longest running rivalry in pro football, and both franchises have strong teams. Pack looks bit stronger right now.

PACKERS 28-17 San Diego (minus 7) at Oakland (Monday night)

Regardless of Chargers star LB Shawne Merriman's status, Oakland is outmanned.

CHARGERS 33-7 THE ASSOCIATED PRESS

Patriots

BRADY Tom Brady is excited about Monday night's opener and not only because it will be his first regular-season game in more than a year. The New England Patriots quarterback noted yesterday noted he's already played in three exhibition games and that's given him a chance to face another team. It also gave him time to play with a brace on his surgically repaired left knee and he said he feels comfortable with it.

Vikings

FAVRE Brett Favre insists he won't let his durability streak hurt the Vikings. Favre will make his 270th straight start when Minnesota plays at Cleveland Sunday. That will match what the NFL considers the longest streak in history, held by former Vikings defensive lineman Jim Marshall from 1961-79. Favre said yesterday he would sit out this season if he's not healthy enough to suit up as Minnesota's quarterback. The 39-year-old also said he "may not" be able to play in all 16 regular-season games.

THE ASSOCIATED PRESS

Bills' offence leaves T.O. winded

BUFFALO Receiver Terrell Owens doesn't have a problem with the Buffalo Bills no-huddle offence, except that it's tiring him out.

Owens raised eyebrows yesterday when he said he wasn't much of a fan of the Bills new scheme.

"No, not really, but I got a deal with it," the receiver said in a conference call with members of the Patriots media as the Bills prepare to open the regular season at New England Monday.

Owens laughed after making that statement, though it was not clear whether his concern was with the no-huddle scheme itself or how much it's been tiring him out. Owens returned to practice last week after missing the final four pre-season games with a sprained toe.

Upon learning that his comments were being taken literally, Owens posted a note on his Twitter page insisting that he was "clearly joking."

During the conference call, Owens did refer to the



Terrell Owens, right, of the Buffalo Bills, says his team's new no-huddle offence is tiring him out and he hopes it will do the same to opposing defences.

offence as being "all right," while noting he's been a little winded.

"We're doing some things in the offence that will help me get in shape a little bit faster than I need to," Owens said. "I've got a taste of it since (mini-camps) and I know what to expect."

Owens added he hopes the offence can also wear down opponents by not al-

lowing them to make defensive substitutions.

"It's something we're looking forward to, and we're going to try out," he said.

Owens also poked fun at the Patriots, after being asked whether he had anything special prepared for the game.

"I might bring my spy camera," Owens said.

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Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Fun with family rooms

EMMA YARDLEY
for Metro Canada

The family room has a big job to do. It hosts movie marathons, monthly book club meetings, Guitar Hero competitions and poker nights, all while providing ample seating and a place to put all the cards, cords and cases at the end of the day.

"Storage is key. Because we spend so much time in our family rooms, a lot of our belongings end up there," says Jennifer Wilson-Speedy, editor of Yourhome.ca. "Look for clever solutions like storage ottomans, which can also double as seating and coffee tables."

While creating a comfy tidy space stuffed with warm blankets and swishy pillows is important also keep in mind that this room should reflect who you are as a family.

"A family room is a place to have fun, so break out your favourite colours, family photos and art," says Speedy. "My favourite rooms always have a quirky touch to them, which make the space feel alive and teaches you something about the family."

Homes in Style

Add texture and warm natural colours to your couch with these corduroy linen pillow covers. West Elm, \$18 to \$28, westelm.com.



The Flip sofa chaise is all about options — if you don't like the chaise where it is, simply move it to the other side. Look for stain-resistant fabric. Urban Barn, starting at \$1334, urbanbarn.com.



Create a storage system for all the board game boxes, TV cords and video games with these faux leather collapsible boxes. Home Outfitters, \$14.99 to \$24.99, homeoutfitters.com.



While it's perfect for housing those extra throws you only need now and then, the Emmet trunk also doubles as a rustic coffee table. Pottery Barn, \$729, potterybarn.com.



Fleece throws are a cozy addition to the family room. President's Choice Home, \$9.99 for two, presidentschoice.ca.

"Storage is key."
Jennifer Wilson-Speedy, editor



Grab some popcorn, pop in your favourite flick, flip up your feet, and feel the stress melt away. Debbie Travis Leather Club Chair, \$299.99, Canadian Tire, canadiantire.ca.



Special focus

This week's Homes section features a look at home renovations.



With fall approaching, home improvement may be on your mind.

Time to take advantage of HRTC

STEVE COLLINS
for Metro Ottawa

With fall approaching, home improvement may again be on your mind, and government incentives might make this the year to finally get that kitchen, basement or bathroom redone.

Under the EcoENERGY Retrofit program, homeowners can qualify for grants of up to \$5,000 for making their homes more energy efficient, and cut those heating bills.

And then there's the new Home Renovation Tax Credit (HRTC), which allows a family to claim up to 15 per cent of the cost of home improvements, up to a maximum of \$1,350 on a \$10,000 project. The credit can only be claimed on your 2009 tax return, and work must be completed by Feb. 1, 2010.

For those who are contemplating home improvements, the Home and Design Show (formerly the Fall Home Show) offers a look at the latest techniques, tools and materials, including eco-friendly products, when it comes to Lansdowne Park Oct. 2-4.

Featured guests include HGTV hosts Kimberley Seldon (Design for Living) and Bryan Baumler (Disaster DIY).

In January, for procrastinators still hoping to take advantage of the HRTC, Lansdowne will also host the Home Renovations Show from Jan. 22-24.

Renovators must be aware of the effects of their projects beyond the walls of their house. To keep the peace with neighbours, remember that city noise bylaws prohibit the use of power tools between 11 p.m. and 7 a.m. (9 a.m. on weekends and holidays).

Building permits are regulated by municipalities, so it's important to check with the city before getting to work. Finishing a basement, building a storage shed or deck or installing a pool, to name a few examples, will all likely require building permits.

The City of Ottawa's website contains plenty of advice on planning projects, approvals fees, inspections and more.

Go to ottawa.ca/residents/building_code/homeowner_guide for more information.



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Italian fashion house Gianfranco Ferre has enough cash to stage fashion shows, launch a shoe and handbag line and roll-out a new logo despite being in administration and hit by the downturn, its CEO said. **REUTERS**

Style



New Lululemon line

Lululemon Athletica Inc. is launching a new line of clothing called Ivivva Athletica aimed at preteen girls, a move analysts say will open the yoga-inspired retailer to a new and undeserved market. Vancouver-based Lululemon said the brand, aimed at girls ages six to 12, will be tested with three stores in Vancouver, Victoria and Calgary starting in November. Lululemon chief executive Christine Day said the new brand is meant to fill a need in the market, as well as protect the Lululemon brand. **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Waist-whittling wearables

Clothes that give you the tummy tuck without the surgery

JANINE FALCON
For Metro Canada



These days we're all working harder than ever. Nice to know some of our clothes can work harder too.

They can't take the place of healthy, active living, but garments with tummy-taming job descriptions can help pick up a little workout slack, and camouflage bits we'd rather keep under wraps.

We're not talking underpinnings, although a pair of Spanx (the best-known name in shapewear) is a must for smooth lines under that favourite little dress. Instead, when we don't want to wriggle into an extra layer, we can turn to clothing brands such as Mark's Work Wearhouse, Melanie Lyne, Spanner and Old Navy for waist-whittling wearables that also slim the hips and lift the derrière.

"Many women want to look 10 pounds thinner, no matter what size they are," comments freelance fashion stylist Ingrie Williams, whose work has appeared in many of Canada's top magazines and on CityTV.

"Wardrobe items with tummy-control benefits can offer shaping without feeling like a girdle."

Ingrie Williams, freelance fashion stylist

"Wardrobe items with tummy-control benefits can offer shaping without feeling like a girdle."

Generally constructed with variations of a built-in control panel across the inside front, and from denim with varying stretch from one to five per cent, jeans are the most popular figure-enhancing workhorse. In Williams' view, "they're a practical addition to any jean wardrobe." As well, their fit and for-comfort design make them a good try-again point for women who have found past jean experiences unsatisfactory.

If Not Your Daughter's Jeans sounds familiar, it's thanks to positive performance reviews from celebs such as Rachel Ray, Jane Seymour and Diane Sawyer. Part of the appeal

is a patented denim weave that resists stretch in the front.

Old Navy's The Dreamer classic-rise, curvy-silhouette jean is new this season. In addition to shaping, it has a contoured waistband to help minimize waist bulge and gaping at the back. Sizes go from zero to 20 regular.

Also making its debut is the Fit to Flatter jean from Canadian company Spanner, which makes regular, petite and plus sizes. Melanie Lyne's Off the Record classic-fit jean, also Canadian, launched this past spring and fits up to size 16; a contemporary fit with a slightly lower rise and slimmer, boot-cut leg just hit stores for fall.

Mark's Work Wearhouse Curvetech collection (yes, Canadian too) now offers the widest variety of silhouette-enhancing garment styles — 40 in all — from jeans to capris to yoga-wear to dress pants, as well as a Total Control skirt. Sizing goes from two to 18 (up to 20 in denim).



Below: Old Navy Dreamer jean (\$39.50)



Mark's Work Wearhouse Curvetech Janet Skirt (\$49.99). marks.com



Melanie Lyne Off the Record jeans (\$95). melanie.lyne.com

Victoria's Secret coming to Canada

NEW STORE Bra-specific road trips may soon become a thing of the past. In what is perhaps the most highly anticipated American invasion since Obama's trip to Parliament Hill: Victoria's Secret stores are finally expanding into Canada.

Limited Brands Inc., Victoria's Secret's parent company, already dipped a toe into our lingerie market with their acquisition of Canadian chain La Senza in 2007. "We have a tremendous footprint with La Senza operating more than 300 stores in Canada," Brooke Stull of Limited Brands writes Metro via email.

Victoria's Secret PINK is phase one of the brand's Canadian infiltration, beginning next month. PINK focuses on loungewear and athletica, ultimately targeting a more youthful market. Victoria's Secret stores will open spring 2010.

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FOR METRO CANADA

Kenya'sStyle

Kenya Hunt

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In an extensive stunt gone wrong, Rose McGowan brought the Red Sonja set to a standstill. The actress was taken to hospital where she underwent wrist and elbow surgery. "They took part of my elbow out. I had really bad nerve damage from doing stunts," McGowan recently told Fox News. **POPEATER.COM**

Surgery for McGowan

Entertainment



Pam's new man

Pamela Anderson is reportedly dating Jamie Padgett, an electrician she met at a trailer park where the former wife of Kid Rock was staying while work was being done on her house. **PEOPLE.COM**

☆☆☆☆ A CLASSIC; ☆☆☆☆ EXCELLENT; ☆☆☆ GOOD; ☆☆☆ FAIR; ☆☆☆ POOR

Jay-Z drafts catchy Blueprint

Jay-Z

Album: The Blueprint 3

Label: Warner

Rating: ☆☆☆☆

ON JAY-Z'S

11TH album he lambastes his hip-hop cohorts for using the annoying vocal effect auto-tune. But the music mogul didn't have to do that — just listen to his new disc and you'll know he'll never need auto-tune to sound good. More than a decade after he released Reasonable Doubt, Jay-Z is still a brilliant artist who can out rap just about anyone. The Blueprint 3 is catchy, thoughtful and has a bevy of guest stars, in-

cluding Alicia Keys whose soaring vocals on Empire State of Mind are as stunning as Jigga's best raps.

Bryan Borzykowski/for Metro Canada

Die Mannequin

Album: Fino + Blead

Label: Warner

Rating: ☆☆☆

THERE'S NO DOUBT that Toronto hard rockers Die Mannequin are moments away from huge success. The female fronted duo's blistering guitars and aggressive vocals from Care Failure is exactly what the Lady Gaga obsessed music world needs right now. And the band's infectious sound,



The Blueprint 3 is the 11th album from hip-hop superstar Jay-Z.

which is at its most polished and mainstream, should catapult the group to the next level. For fans though, the new disc lacks the rawness and the in-

your-face creativity of their early EPs. That's a good thing when courting the masses, but followers might be a bit disappointed.

Bryan Borzykowski/for Metro Canada

Cuff The Duke

Album: Way Down Here

Label: Noble/Universal

Rating: ☆☆☆

BLUE RODEO

CO-FOUNDER

Greg Keelor has emerged as some kind of grandfather/patron to the neo-alt-country generation, first as mentor to The Sadies and now as producer of Cuff the Duke. They show a new talent for gentle harmony vocals on the opening track You Were Right, while pushing the edges with fiery Neil Young-like extended electric guitar on tracks like It's All a Blur and Promises. Cuff the Duke are the obvious inheritors of

MusicReviews

music@metronews.ca

the Blue Rodeo estate, but the band is searching still for one of those knock-out singles like Hasn't Hit Me Yet that would give them a national stature.

Graham Rockingham/for Metro Canada

Two Hours Traffic

Album: Territory

Label: Bumstead/Universal

Rating: ☆☆☆

AFTER 2007'S

FANTASTIC

rockers Little Jabs, the pressure was on for Two Hours Traffic to push themselves even harder. Unfortunately, their latest record — again produced by Joel Plaskett — falls flat. Territory is darker, and musically many of the songs are more complex, but the tunes are also much quieter and laid-back. It was the band's visceral energy and Sloan-like feel that garnered them a Polaris Music Prize nomination last year, and without that the passion and intensity doesn't come through as well.

Bryan Borzykowski/for Metro Canada

Amy Milan

Album: Masters of the Burial

Label: Arts and Crafts

Rating: ☆☆☆

THE DECISION

BY Amy Milan,

best known as lead singer for The Stars, to record Sarah Harmer's Old Perfume was done out of deep respect, but it wasn't a wise one. Ditto with Jenny Whiteley's Baby I. These happen to be the two best crafted songs on Milan's second solo album. That's probably not a good thing, if you're trying to establish yourself as a singer-songwriter. Both Harmer and Whiteley have their locks on the category, which leaves Milan coming off like a passing visitor.

Graham Rockingham/for Metro Canada

critics'corner

Rise Up - Canadian

Pop Music in the 1980s

Video may not have killed the radio star, but it definitely changed music. This two-part documentary continues the story begun in "This Beat Goes On," chronicling the growth of Canadian music at the rise of the digital age, as CDs replaced cassettes, music videos exploded on television, and bands had to start paying attention to their look as much as their sound. The soundtrack includes Men Without Hats' "The Safety Dance" and Bryan Adams' "Summer of '69." 9 PM on 8 CBC



The Vampire Diaries

Kevin Williamson ("Dawson's Creek," "Scream") is behind this adaptation of L.J. Smith's popular book series about a pair of vampire brothers, one good (Paul Wesley), one evil (Ian Somerhalder, "Lost"), as they battle for the soul of a beautiful teenage girl (Nina Dobrev) who recently lost both her parents in a car accident. Steven R. McQueen co-stars. 8 PM on 104 CTV

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Megastructures	The Agenda With Steve Paikin	Little Dorrit	Masterworks	Agenda-Paikin				
211	331	3	GTV	ET Canada	Big Brother 11 Eviction.	90210 (HDTV)	90210 (N)	News Final				
-	-	5	SRC	Virginie (SC)	En direct du Studio 42	3600 secondes d'extase (SC)	Le Téléjournal Nouvelles (SC)	TJ Ontario				
209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Fringe (HDTV PA)	(10:02) Private Practice	Comedy Now				
196	311	7	CTV	etalk	Hollywood	CSI: Crime Scene Invstgtn.	(10:01) The Mentalist	CTV News				
208	303	8	CBC	Wheel-Fortune	Jeopardy!	Rise Up - Canadian Pop Music	CBC News: The National	The Hour				
-	360	9	NBC	Wheel-Fortune	Jeopardy!	NFL Kickoff	NFL Football Tennessee Titans at Pittsburgh Steelers. From Heinz Field in Pittsburgh.					
117	713	10	TVA	La Fière de la danse (SC)	A communiquer	Mario Jean à son meilleur (N)	TV 22 heures	Sucre-salé	Red Skies			
-	-	11	QX	Taxi payant	Rire et délire	Fringe "Pilot" (SC)	Bob Graton	South Park	L'Attaque à 5 (SC)			
137	763	12	TFO	Panorama été	Météo	Visages	Les Misérables (Partie 2 de 2)	Folie-aventure	Météo			
-	362	13	CBS	The Insider (N)	Judge-Brown	Big Brother 11 Eviction.	Omni News: S. Asian Edition	Two/Half Men	Jihad			
216	395	14	OMN2	Raymond	According-Jim	Omni News: Italian Edition (N)	Omni News: Cantonese Edition	Two/Half Men	King			
214	344	15	CITY	Law & Order: SVU	30 Rock	Parks-Recreat	Parks-Recreat	30 Rock	Law & Order: UK			
115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)	Omni News: The Simpsons	King of the Hill	Metropia			
218	345	18	CHCH	Some Girls ** (1988, Comedy) Patrick Dempsey.	Grey's Anatomy	La Cage aux Folles *** (1978, Comedy) Ugo Iognazzi.	(10:02) Private Practice	News at 11 (N)	News			
-	361	20	ABC	Mich Business	Entertainment	Grey's Anatomy	(10:02) Private Practice	News	Heure polit.			
512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique	Dossier public	Life Today	This Is Day			
651	355	25	CTVS	Little House on the Prairie	Rare Visions	Time Goes By	The Vampire Diaries (N)	CSI: Crime Scene Invstgtn.	(10:01) The Mentalist			
-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA)	Fringe (HDTV PA)	FOX 2 News (N)	News			
-	-	64	PBS	Business Rpt.	Adirondack	etalk	CBC News: Tonight (N)	CBC News: The Nature of Things	Adrenaline Proj			
205	312	104	CTV	Hollywood	etalk	The Vampire Diaries (N)	CSI: Crime Scene Invstgtn.	(10:01) The Mentalist	CTV News			
500	500	33	CNN	Lou Dobbs Tonight	Marketplace	Campbell Brown (N)	Larry King Live	Anderson Cooper 360 (HDTV)	Sportsnet Connected			
406	417	27	net	MLB Baseball Florida Marlins at New York Mets. (HDTV) From Citi Field in Flushing, N.Y. (Live)	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal			
126	730	28	RDI	24 Heures en 60 minutes	WEC WreckCage (N)	NFL Kickoff	NFL Football Tennessee Titans at Pittsburgh Steelers. From Heinz Field in Pittsburgh.					
400	280	30	TSN	Score on NFL	College Football	Clemson at Georgia Tech. (Live)						
411	403	52	SCR	Ghost Hunters	Dog the Bounty Hunter	Survivorman	Jacked!	Jacked!	Wrecked (N)	Wrecked		
417	406	59	OLN	Pimp My Ride	Pass Time	Majority Rules	6TEEN (N)	Futurama	King of the Hill	Futurama: Bender's Big Score (2007)		
554	544	48	TEL	Stoked	Total Drama	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	
557	540	51	FAM	Wizards-Place	Han, Montana	Malcolm-Mild.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	
551	542	65	YTV	Drake & Josh	Family Biz (N)	Ranked!	The Daily Fix	Wild 'n Out	Wild 'n Out	Michael Jackson in Concert -- Bucharest		
570	580	29	MM	The Daily Fix	The First 48 (HDTV)	TNA Wrestling (HDTV) (N)	Police Women of Broward	Envoyé spécial	Cité guide	Journal TV5		
615	520	31	A&E	Criminal Minds (HDTV)	CSI: Crime Scene Invstgtn.	Police Women of Broward	LA Ink (HDTV) (N)					
628	584	32	SPKE	Ice Road Truckers	Biographies "Jude Law"	Murder, She Wrote	Old Christine	Friends	Rez Rides	Moose TV	etalk	
294	529	47	TBS	Family Guy	Property Virgin	Fan Expo	MTV News	Parent Control	The Outer Limits	Ancient Discoveries	Dossiers justice (HDTV)	
600	564	49	H&C	House Hunters	Comme chez	Hepi Taxi	The Outer Limits	Storytellers	Camera	Da Vinci's City Hall	Hamlet Development.	
627	528	50	SFG	Comic Con	Fan Expo	MTV News	Parent Control	The Outer Limits	Ancient Discoveries	Dossiers justice (HDTV)	Wait for God	
581	566	53	MTV	Cribs	Seinfeld	The Outer Limits	Ancient Discoveries	Dossiers justice (HDTV)	Wait for God	'Allo, 'Allo!	Friends	
618	524	54	TROP	Seinfeld	The Outer Limits	Ancient Discoveries	Dossiers justice (HDTV)	Wait for God	'Allo, 'Allo!	Friends	Rez Rides	
522	506	55	HIS	Ice Road Truckers	Biographies "Jude Law"	Murder, She Wrote	Old Christine	Friends	Rez Rides	Moose TV	etalk	
129	773	60	CD	Biographies "Jude Law"	Murder, She Wrote	Old Christine	Friends	Rez Rides	Moose TV	etalk	TMZ (N)	
261	394	61	V	Murder, She Wrote	Old Christine	Friends	Rez Rides	Moose TV	etalk	TMZ (N)	etalk	
602	567	62	W	Old Christine	Friends	Rez Rides	Moose TV	etalk	TMZ (N)	etalk	TMZ (N)	
269	590	70	APTN	Wapost Bay	By the Rapids	The Ellen DeGeneres Show (N)	Ricardo	Road Grill	Restaurant Makeover	Perfection	Perfection	
621	527	71	TLK	The Ellen DeGeneres Show (N)	Ricardo	Road Grill	Restaurant Makeover	Perfection	Perfection	Ace of Cakes	Family	
603	561	95	FN	Ricardo	Road Grill	Restaurant Makeover	Perfection	Perfection	Ace of Cakes	Family		

Listen to this week's reviewed music at metronews.ca/music

M&M for the family dinner

On Thursday, Sept. 17, M&M Meat Shops will once again encourage Canadians to enjoy the tradition of the family dinner. For each participant who registers at NationalFamilyDinnerNight.com, \$1 will be donated to the Crohn's and Colitis Foundation of Canada. **METRO NEWS SERVICES**

Urban Foodie

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Pollo Parmigiana

Rating: ★★★★★**Dinner & drinks for 2:** \$70

Walking into La Porto a Casa feels like getting a

hug from your favourite Italian aunt — all warm and welcoming. "Bring it home" (the meaning behind the name) is a common option at this busy, Barrhaven restaurant where reservations are recommended, take-out is popular, and the service is friendly.

Although the decor is basic, the food makes up for it. The chef behind the heat creates authentic Italian food including a garlicky Bruschetta (\$8) that we devoured all too quickly. A

On the web

- Get recipes and more great food content at metronews.ca/food

table favourite was the Penne Giovanni (\$14) with chicken, mushrooms and a perfect Parmigiana Rosé sauce (that re-heated nicely).

For the main course, I ordered a spectacular Veal Boconcini (\$22), stuffed with shrimp, broccoli, mozzarella, and drizzled

with a creamy wine sauce. My partner had Pollo Suzanna (\$20), a scrumptious stuffed chicken with fontina, and asparagus, laddled with a white wine mushroom sauce. In both cases, the sauces were smooth with just the right amount of seasoning and enough sauce leftover to sop up with the warm, flour-topped rolls.

The signature Italian dessert of Tiramisu (\$5) tempted us and we weren't disappointed. It was creamy, mocha heaven.



Pollo Suzanna

La Porto a Casa is a red-and-white checkered Ital-

ian gem that's worth a reservation.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globalpeasant for a recipe for raw Leek and Potato Soup — the leeks are fresh from the garden.

**In brief**

CLASSES A Taste of Le Cordon Bleu, Sept. 12, 613-755-2378. Attend two short demonstrations, tour the school and meet Master Chefs.

EVENT Feast of Fields (cog.ca/ottawa/feast_of_field), on Sunday afternoon, brings together farmers and chefs at Vincent Massey Park.

EVENT La Vendemmia (prestonstreet.com/lavendemmia), Sept. 14-20, celebrates

the harvest with Italian food and wine.

HARVEST Apple picking season has started. Check out Mountain Orchards (mountainorchards.ca), Millier's Farm and Market in Manotick (milliersfarmmarket.ca) or Cannamore Orchard in Embrun (cannamoreorchard.com).

FAIR Russell Fair (russellfair.com) is hosting a corn roast from 1 to 5 p.m. on Saturday.

Dining out

FRENCH CANADIAN FUSION Petit Bill's Bistro (1293 Wellington St. W.) offers Live, Nude Oysters and Happy Hour Tuesday to Saturday, 4 to 6 p.m.

FARM TO FORK & HEAD TO TAIL Murray Street (110 Murray St.) offers authentically Canadian food that boasts fresh regional and seasonal ingredients.

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Catawaqui Town Centre

(1) No purchase necessary. Contest ends October 1, 2009. See buildabash.ca for Contest Rules.

BUILD-A-BASH AND WIN!'

Enter PO092B9 at buildabash.ca for points towards a koodo-rific party.



Nicole Richie and Joel Madden are the proud parents of their second child, a baby boy. Sparrow James Midnight Madden, weighing 7 lbs 14 oz., was born in "the very early hours" Wednesday, and joins older sister Harlow. **METRO NEWS SERVICES**

It's a boy for Nicole and Joel

Celebrity Buzz

Rihanna's dad disapproves of pics

PROTECTIVE PARENT Rihanna's recent steamy photo spread in Italian Vogue, including one topless picture, has caught the attentions of many people—including her dad Ronald Fenty. "The photo was disturbing," he told Us Weekly. He also wasn't a



big fan of Chris Brown's apologetic interview on Larry King Live. But at least Fenty has a sense of humour about it. "The costume he wore was so funny," he said. "That bow tie thing. He needs to bury that."

METRO WORLD NEWS

No way NFLer hit Tila, ex says

CHEERLEADER As the investigation continues into reality TV star Tila Tequila's allegations that boyfriend Shawne Merriman assaulted and choked her, the NFL star's ex-girl-



friend Gloria Velez comes to his defence. She tells TMZ Merri-man "never laid a hand on me," adding that it would be "out of his character" to hit a woman.

METRO WORLD NEWS

We support Melanie: Antonio

FAMILY FIRST Melanie Griffith's recent admission to a rehab clinic isn't something husband Antonio Banderas is going to sweep under the rug, people.com reports.

"It's not a rumour, but let me explain to you," Banderas, 49, told The Ellen DeGeneres Show. "Melanie has been addicted for many years and we always came out. We said it out loud. It was OK, we were never embarrassed of the situation but what happened she was clean and sober for six years," he said.

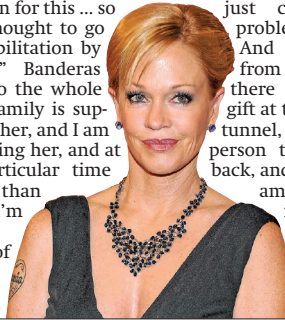
That six years of clean living was endangered after Griffith, 52, had a skiing accident in Aspen, Co-

lo., a year and a half ago. Three operations in her knee required the use of narcotics—and forced her to come face-to-face with her demons again.

"In March, she came to me and said, 'I'm feeling a little bit weak in my determination for this ... so I just thought to go to rehabilitation by myself,'" Banderas said. "So the whole entire family is supporting her, and I am supporting her, and at this particular time more than ever. I'm very proud of her." More

than that, the entire family is actively participating in Griffith's rehab program.

"We have been following some type of therapy with other families," he said. "I just say to families, 'Don't get embarrassed, just confront this problem head-on. And don't hide from that because there is a beautiful gift at the end of this tunnel, and it is the person that you love back, and that is what I am searching for.'" **METRO NEWS SERVICES**



Celebrity tweets

Ashlee Simpson questions Ice-T's cool factor, and Kim Kardashian puts comfort over safety.

• @ashsimsponwentz At warped tour with husband so funny the people that think ice t is cool! Wow who defines badass this is embarrassing?!

• @KimKardashian How annoying is a smoke detector when the battery is low, that non stop chirp! I hope I can sleep!

METRO WORLD NEWS



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Megan shows off her prudish side

A GOOD-GIRL? Megan Fox has vowed never to make a sex tape, femalefirst.co.uk reports.

The actress is convinced if she saw herself having sex and "looking like a hippo" it'd put her off making love for the rest of her life.

"That's the last thing I want to see — what I look like having sex," she said. "It would take one shot of

me not looking good and I would not be able to have sex ever again, because I would always just see myself looking like a hippo having sex."

For much the same reason, Fox, 23, has also vowed never to appear naked onscreen in any of her films, and is

still mortified by photos of her in a flesh-coloured suit on the set of forthcoming cheerleader-turned-killer film Jennifer's Body.

She added to MTV: "I can't ever imagine myself doing nudity in a film. It lives forever, especially now, within the Internet. I just can't."

METRO NEWS SERVICES



Janet plans her own tribute to brother

COPING Janet Jackson is finally planning a public tribute to her late brother Michael Jackson. The singer is reportedly putting together an act to honour him for this weekend's MTV Video Music Awards, according

to MSNBC. Jackson also told Harper's Bazaar in a new interview that since her brother's death, she's been unable to watch television.

"It will drive you crazy," us-magazine.com



quotes her as saying. "People can have rhinoceros skin, but there's a point when something's going to hurt you. Not everyone is stone, stone. I haven't watched the news in weeks. I had to ask my chef, 'How's Obama doing?'"

METRO NEWS SERVICES

Kate and A-Rod team up for marriage?

THAT WAS FAST Kate Hudson has become a regular fixture at Alex Rodriguez's Yankees games in New York, but this week it was her finger that had a new fixture.

A source spotted a sparkling diamond ring on

Hudson's hand at a home game as she tapped away on her BlackBerry, leading some to speculate a wedding announce-

ment is coming up to bat, according to the New York Daily News.

Hudson's rep had no comment.

METRO WORLD NEWS



Adrian Delorey B.Sc. (Hons. Kin), C.K.
2007 Young Business Person of the Year &
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Orleans People's Choice Awards

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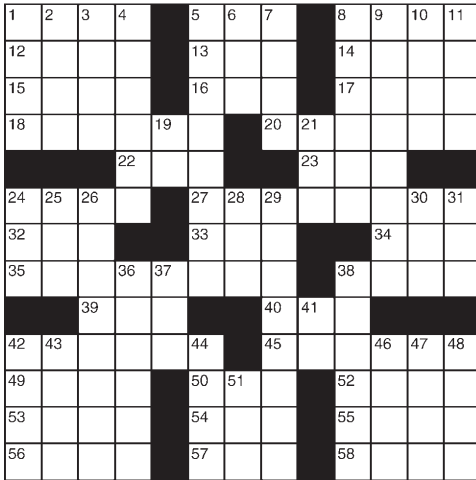
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For more delicious Metro recipes, visit: metronews.ca/food



ACROSS

- 1 Kane's Rosebud, e.g.
- 5 Decline
- 8 Kelly or Krupa
- 12 Newsweek rival
- 13 Noon, in a sense
- 14 Yoked team
- 15 "Yeah, right!"
- 16 Army rank (Abbr.)
- 17 Raced
- 18 Fancy cake
- 20 "Star Wars" weapons
- 22 Pompous one
- 23 Up to
- 24 Help in wrongdoing
- 27 Model
- 32 Curse
- 33 Tex- restaurant
- 34 Tokyo's old name
- 35 Champion of a cause
- 38 Vortex
- 39 Falsehood
- 40 River to the

- North Sea
- 42 Tristan's love
- 45 Bad news from the factory
- 49 MacDonald's place
- 50 Muumuu accessory
- 52 Buckeyes' home
- 53 Gratis
- 54 Past
- 55 Cavort
- 56 Knitting need
- 57 Neither partner
- 58 Category

DOWN

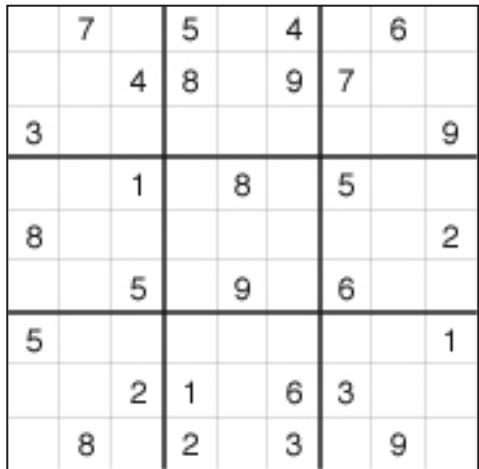
- 1 Unpartnered
- 2 Bart's sister
- 3 Send forth
- 4 Vanquish
- 5 "Oops"
- 6 Story of a lifetime?
- 7 Check
- 8 Tabloid topic
- 9 Made to leave
- 10 — do-well
- 11 Remnants

- 19 Symbol for arsenic
- 21 \$ dispenser
- 24 Mimic
- 25 Carton
- 26 Lewis or Clark
- 28 Foreign (Prefix)
- 29 Outside
- 30 Tack on
- 31 Trigger's rider
- 36 Rockefeller et al.
- 37 Actor Beatty
- 38 Go with
- 41 Northeasternmost st.
- 42 Questionable
- 43 Poet Teasdale
- 44 Verve
- 46 "Hey, sailor!"
- 47 Flaccid
- 48 Run easily
- 51 Id counterpart

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Tofu Satay

INGREDIENTS:

- 14 oz (400 g) firm tofu
- 1 eggplant
- 1 red onion
- 8 fresh baby corn cobs, halved on diagonal
- 1/2 cucumber
- 3 1/2 cups (875 ml) bean sprouts
- 2 tbsp (25 ml) unsalted peanuts
- SATAY SAUCE:**
- 1/3 cup (75 ml) crunchy peanut butter
- 1 tsp (5 ml) salt-reduced soy sauce
- 1 tsp (5 ml) honey
- 1 tsp (5 ml) Chinese rice vinegar or cider vinegar
- 1 large garlic clove, peeled
- 1 scallion, chopped
- 3 oz (90 ml) reduced-fat coconut milk
- 1 tbsp (15 ml) sweet chili sauce

METHOD:

- 1: Soak 12 bamboo skewers in cold water to prevent them from burning on barbecue or under broiler. For satay sauce, combine peanut butter, soy sauce, honey, vinegar, garlic, scallion, coconut milk and chili sauce in blender or food processor for a thick, almost smooth mixture.
- 2: Preheat barbecue or broiler. Cut tofu and eggplant into 1-in. (2.5 cm)

cubes. Cut red onion into chunks of equal size.

- 3: Blanch baby corn cobs in pot of boiling water 2-3 minutes. Drain, then refresh under cold running water. Cut cucumber into thin sticks 2 in. (5 cm) long. Arrange bean sprouts, cucumber sticks and corn on large platter and scatter peanuts over top. Set aside while you cook tofu and vegetable skewers.
- 4: Thread tofu, eggplant and onion onto soaked skewers, spacing pieces slightly apart. Place on foil-lined grill tray. Brush with some satay sauce, then broil (or barbecue) 10-12 minutes, turning skewers frequently and brushing with sauce. Gently heat remaining satay sauce in small pot or in dish in microwave until warm.
- 5: Set skewers of tofu satay atop salad, spoon remaining satay sauce over top and serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
If you are up front and honest with other people today they will be up front and honest with you.



TAURUS
APRIL 21-MAY 21
You may be planning a change in your work or your daily routine but with Mercury now moving retrograde it might be wise to hold fire on the idea.



LIBRA
SEPT 23-OCT 23
Because mind planet Mercury is now moving retrograde through your birth sign you must make sure that everything you do is built on facts.



SCORPIO
OCT 24-NOV 22
Is your mind playing tricks on you? It certainly looks that way. Pluto, your ruler, endows you with an envious ability to see further and deeper.



GEMINI
MAY 22-JUNE 21
Your mind may be full of big ideas at the moment but you are advised not to take them too seriously, at least not for now.



SAGITTARIUS
NOV 23-DEC 21
You've had your suspicions that someone you thought you could trust has been telling you lies and what happens today will confirm it.



CANCER
JUNE 22-JULY 22
The message of the stars for Cancer today is that you are allowing your thoughts a free rein.



CAPRICORN
DEC 22-JAN 20
You will find it easy to get through to employers today but because of Mercury you would be wise not to tell them too much.



LEO
JULY 23-AUG 23
You may not agree with the path that a friend or a relative has chosen to follow but you have no option but to accept it.



AQUARIUS
JAN 21-FEB 18
It seems like the more you expect of other people the less they deliver and the more disappointed that makes you.



VIRGO
AUG 24-SEPT 22
No matter how cautious a Virgo you may be by nature you are in the mood to take risks today.



PISCES
FEB 19-MARCH 20
A money matter may demand your attention but the planets warn if you act in haste you will do more harm than good.



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WORDY GURDY
BY TRICKY RICKY KANE
Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.
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1. Pointed end on the Titanic, for one (1)
2. Hurl a pitch under the strike zone (1)
3. Persistently question The Donald (1)
4. Fatigued "Rescue Me" star Denis (2)
5. NY NBA team's building blocks (1)
6. One who grieves for corner-sitter Jack (2)
7. Handing out poker cards on one's patellas (2)

ANSWERS: 1. SHIP TRIP 2. THROW LOW 3. PUMP TRUMP 4. WEARY LEARY 5. KNICKS BRICKS 6. HORMER MOURNER 7. DEALING KNEELING 8. 9-10-9

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LEARN HOW TO SCAN THIS BARCODE – INSTRUCTIONS AT THE TOP OF PAGE 3



SCANLIFE

TIP: IF YOU'RE HAVING TROUBLE SCANNING, TRY TO PULL YOUR PHONE BACK.
IT'S MORE IMPORTANT THAT THE SCAN BE IN-FOCUS THAN CLOSE-UP.



m.metronews.ca



FOR CONTEST RULES, INCLUDING ALTERNATIVE ENTRY MECHANISM, VISIT US ONLINE AT METRONEWS.CA

Contest closes September 10 at 11:45 PM. Standard messaging & data rates apply.

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